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SASH Participants from Wright House in Shelburne enjoy a field trip to Sand Bar State Park on Lake Champlain.

## SASH News and Updates

### SASH and Home Health Nurses Learn Together



Visiting Nurse Association  
of Chittenden and Grand Isle Counties

Over twenty SASH wellness nurses and Nurse Case Managers from the VNA of Chittenden and Grand Isle Counties came together in mid-September to learn together about hospice and palliative care and brainstorm best practices for communication between SASH Wellness Nurses and Home Care nurses. The meeting was an opportunity for the nurses and leadership staff from SASH and the VNA to get to know each other and connect about how to better partner around existing and future SASH participants. The agenda was jointly developed by SASH and the VNA and focused on a specific topic of mutual interest and an open dialogue on communication best practices.

The meeting was a huge success with attendees voicing appreciation for having time to get to know each other and our respective programs more fully. Everyone agreed to have these cross-agency meetings at least two times per year. Consider a similar meeting in your region to improve communication and understanding between SASH and Home Health staff and programs.

## Your Best Shot Photo Contest Winner

### 3rd Quarter Winner!

Thank you for all of the great photo submissions to our contest. The third quarter winner of a \$25 gift card for programming of her choice is Carolyn Lorie at Twin Pines Housing Trust in Windsor county.



Remember to submit your photos for the 4th quarter drawing, to take place December 28. Photos must have completed entry forms to be entered to win.

[Learn More Here](#)

## Wellness Nurse Corner

### Immunizations and Flu Shots

Immunizations are an excellent example of the SASH program encouraging and providing upstream preventive care. This is a key concept in population health/public health in an effort to prevent widespread disease or injury.

[Continue Reading](#)

Using Essential Oils to Enhance Nursing Practice and for Self-Care: [Learn More](#)

## SASH Flash Grab 'n' Go

### Upcoming: November is...

- National Family Caregivers Month
- National COPD and Diabetes Month
- Alzheimer's Disease Awareness Month

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### Privacy Breaches, Scams, and Consumer Assistance

Enroll in the Vermont Alert System to be notified of updates:

- [vtalert.gov](http://vtalert.gov) (can select a voice option alert)
- 800-649-2424 or 656-3183
- <https://www.uvm.edu/consumer> for Vermont Consumer Assistance Program
- <https://www.consumer.ftc.gov/> for more information

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### 8 Non-invasive Pain Relief Techniques That Really Work

Sometimes pain has a purpose - it can alert us that we've sprained an ankle, for example. But for many people, pain can linger for weeks or even months, causing needless suffering and interfering with quality of life.

If your pain has overstayed its welcome, you should know that you have more treatment options today than ever before. Here, we've listed eight techniques to control and reduce your pain that don't require an invasive procedure - or even taking a pill.

[Learn More](#)

## SASH Team Resources

### Yoga in Bennington!

Jill Robart, RN, CDE, one of the SASH Wellness Nurse's for Deerfield Valley has a special interest in yoga and teaches gentle yoga classes to her SASH participants. Per Becky Arbella, SASH Coordinator and Implementation Manager for the Bennington area, "This is our most popular event. When I schedule Jill to host another event, we are flooded with calls as to when she will start yoga again."



Short video clip of a participant sharing her experience.

Jill's class is a gentle yoga class with some poses in chairs, some out of the chair, and many poses can be adapted. The classes are offered for an hour, one time per week, and a session is 6 weeks in length.

Engaging in yoga has many positive effects. Interested in reading more - check out this article, "[Yoga for Low-Income Older Adults: Silver Age Yoga](#)." Benefits note were reductions in pain and fatigue, increases in mobility and improvements in depression symptoms. Another recent article in Harvard Women's Health Watch, "[Yoga: Another way to prevent osteoporosis?](#)"

[Learn More](#)

### The Healing Power of Yoga

### Public Thinking About Mental Health

Advocates are working to make sure that all people have access to the care they need to support good mental health. An important first step is helping the public understand what mental health is and how society can improve mental health outcomes for all.



A new study by the FrameWorks Institute aims to support this work. It documents

how the public thinks about issues related to mental health so that advocates can communicate more effectively.

[Continue Reading](#)

[Supporting People with Dementia and Their Caregivers in the Community](#)

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### **Maggie Holt, Stay Steady, on Across the Fence**

Thank you for sharing a wealth of expert information and advice as well as encouraging people to connect to resources in the community via [fallsfreevermont.org](http://fallsfreevermont.org) and the Senior Helpline.

[Watch Here](#)

## **Monthly Webinars**

### **SASH Coordinator Webinar**

Please join us Wednesday, October 11 at 9:00 am

[Register for the Webinar Here](#)

- Open Call - please provide questions & ideas via this [short form](#)

### **Wellness Nurse Webinar**

Please join us Tuesday, October 17 at 8:30 am  
or Friday, October 20 at 8:30 am

[Register for one Webinar Here](#)

- Topic: Review the SASH Assessment PLUS Questions from the field

### **PHL Q&A Webinar**

Please join us Tuesday, October 17 at 9:00 am

[Register for the Webinar Here](#)

## **SASH Staff & Panel Updates**

### **SASH Directory Updates**

Help us keep the SASH directories up to date:

- [Review Your Team](#)
- [Make Changes to Your Team List](#)

## Upcoming Professional Development Opportunities

### WRAP Facilitator Training in 2018

What is WRAP? WRAP stands for Wellness Recovery Action Plan. WRAP is a simple process evidence-based practice that can be used by anyone. The process was developed in 1997 by Mary Ellen Copeland and others in northern Vermont. It is now used all over the world to address all kinds of mental health, physical health and life transitions.



The WRAP process has been widely researched and studied, proven to be an effective tool in people's recovery. Some of the tools involved in the WRAP process are a wellness toolbox, a daily maintenance plan and identification of triggers.

[More Information Here](#)

[2018 Training Information](#) Register Now as Space is Limited!

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### Statewide Opportunities

Click on the [calendar](#) for further details on the trainings below.

- October 18 - VT Health Programs, Webinar
- October 24 & 25 - Tai Chi Basic Movements & Teaching Method Certification, Montpelier
- October 25 - Geriatric Pharmacology for the Interprofessional Team, Lebanon, NH
- November 1 - Alzheimer's Association Community Educator Training, Williston
- November 1 - The Nuts and Bolts of Housing Retention, Royalton
- November 6 - Alzheimer's Disease - Overview, Communication and Addressing Behavior Concerns, Randolph
- December 4 - Senior Legal Issues, Randolph
- December 4 - Veterans Benefits and Resources, Randolph

2018

- April 16-20 - WRAP Facilitator Training, Waterbury

### **SASH Job Opportunities**

Check out **current positions available** with SASH organizations around the state on the [SASH website](#).



### **SASH Forum**

For **current training information**, as well as current tools and resources visit our **SASH forum**. It is accessed through our website.

### **SASH Website**

For the most **up-to-date contact listing and referral forms** visit our SASH website [sashvt.org](http://sashvt.org).



### **Keep in touch!**

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